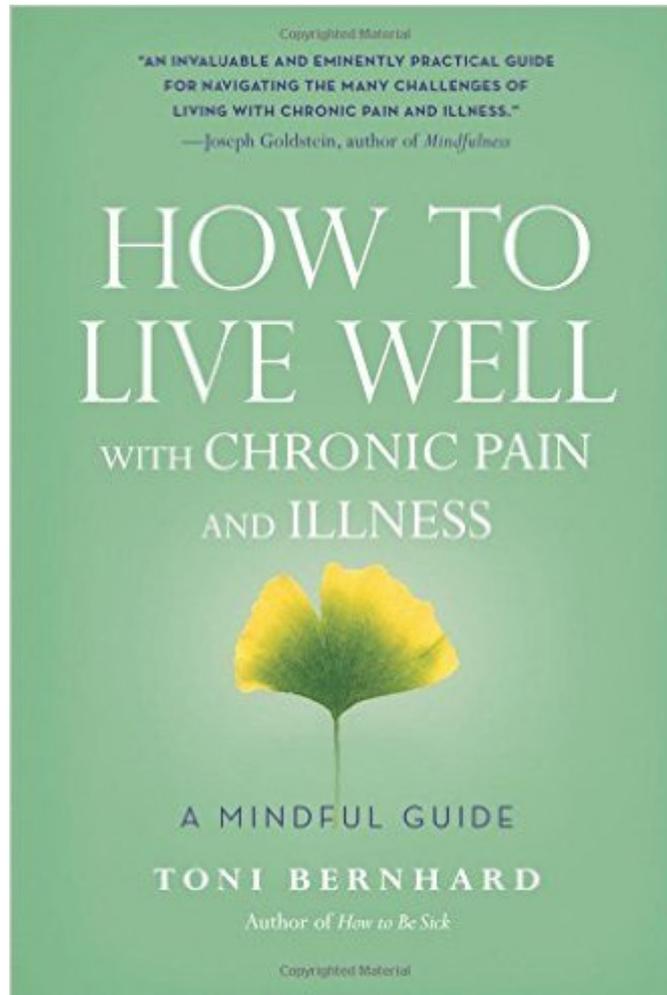


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# How To Live Well With Chronic Pain And Illness: A Mindful Guide



## Synopsis

Comfort, understanding, and advice for those who are suffering--and those who care for them. Chronic illness creates many challenges, from career crises and relationship issues to struggles with self-blame, personal identity, and isolation. Beloved author Toni Bernhard addresses these challenges and many more, using practical examples to illustrate how mindfulness, equanimity, and compassion can help readers make peace with a life turned upside down. In her characteristic conversational style, Bernhard shows how to cope and make the most of life despite the challenges of chronic illness. Benefit from:

- Mindfulness exercises to mitigate physical and emotional pain
- Concrete advice for negotiating the everyday hurdles of medical appointments, household chores, and social obligations
- Tools for navigating the strains illness can place on relationships

Several chapters are directed toward family and friends of the chronically ill, helping them to understand what their loved one is going through and how they can help. Humorous and empathetic, Bernhard shares her own struggles and setbacks with unflinching honesty, offering invaluable support in the search to find peace and well-being.

## Book Information

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## Customer Reviews

This is the book I wish I'd had when I began my journey with chronic pain ten years ago. It's practical, reassuring, and written by someone who's traveled the journey. Toni Bernhard is a best-selling and award-winning writer of *How to Be Sick* and *How to Wake Up*. She also writes a popular blog on Psychology Today, *Turning Straw Into Gold*. Her readers adore her, as evidenced

by her over 200,000 fans on Facebook. Previously a law professor, Toni became ill in 2001 while on a trip to Paris and has never recovered her health. Experiencing chronic flu-like symptoms and often being bed-bound hasn't stopped her from leading a full and rich life. As Toni writes in her introduction, *How to Live Well* is "one dose stark reality, one dose practical skills, and one dose humor." Her books are inspired by her 25 years of Buddhist study and practice, but like well-known Western dharma teachers such as Sharon Salzberg and Tara Brach, she explains these concepts in a relatable way. As she wrote in her first book, she considers the Buddha not to be a god, but the greatest psychologist of all time. You definitely don't have to be Buddhist or know anything about it to benefit from this book. In fact, *How to Live Well* focuses less on Buddhism per se and more on mindfulness and other proven cognitive practices. Each of the chapters is relatively short, and can stand alone. You can dip in and out of the book depending on your needs. For people with chronic pain and illness, who sometimes have short attention spans (like me) this is a great feature. I always like reading the Table of Contents before I buy a book. Here are the major sections in *How to Live Well*, with each section having anywhere from three to nine short chapters.

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